



## **Johnson County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Johnson County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Johnson County School System that includes:

- School Health Advisory Committee
- Seven Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$54,550.

Community partnerships have been formed to address school health issues. Current partners include:

- |                                       |  |
|---------------------------------------|--|
| ➤ ACTION Coalition                    | ➤ Frontier Health                            |
| ➤ Johnson County Health Department    | ➤ American Red Cross                         |
| ➤ UT Extension                        | ➤ ETSU Extended Hours                        |
| ➤ Tennessee Technology Center         | ➤ Johnson County Hiking Trails Association   |
| ➤ Tennessee Highway Patrol            | ➤ Crossroads                                 |
| ➤ Johnson County Sheriff's Department | ➤ Mountain Fitness LLC                       |
| ➤ ETSU College of Nursing             | ➤ Mountain City Care & Rehabilitation Center |
| ➤ ETSU College of Medicine            | ➤ Johnson County Home Health                 |
| ➤ Johnson County Health Council       | ➤ AmeriChoice-United Health Care             |
| ➤ Johnson County Senior Center        | ➤ American Heart Association                 |
|                                       | ➤ American Cancer Society                    |
|                                       | ➤ Cancer Task Force                          |
|                                       | ➤ East Tennessee Foundation                  |

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities. These activities include the School Health Advisory Council, Healthy School Teams, Johnson County Health Council, health screenings, preview night, and after school programs. Currently, 150 parents are collaborating with CSH.

Students have been engaged in CSH activities. These activities include Tar Wars, CSH Teen Health Council, Kick Butts Day, and after school programs. Approximately 75 students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Johnson County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 815 students screened with 350 students referred;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Out of the 815 students screened during the 2010-11 school year, results show 2% of students are underweight, 55% are in normal BMI range, and 43% are overweight or obese. This shows slow but steady decreasing overweight/obese rates since the 2008-09 school year where the percentage for overweight/obese was at 45% and normal BMI range was 53%;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Take 10! curriculum, Michigan Model curriculum, climbing walls, and fitness equipment;

Professional development has been provided to all physical education staff. School faculty and staff have received support for their own well-being through line dancing, Weight Watchers, and Biggest Loser competition.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Newsletters sent home to parents periodically, Red Ribbon Week activities, Kick Butts Day carnival, Michigan Model health education offered at all elementary schools, specific activities planned during Child Health Week to highlight the importance of healthy living for children and their families, developed Teen Health Council at high school to help bring health issues to the students peer to peer;
- Physical Education/Physical Activity Interventions – Girls Are Precious (GAP) afterschool girls program at the middle school and high school, Girls on the Run initiated at all elementary schools, and offered reward days for schools with fun physical activity;
- Nutrition Interventions – offered Taste Bud Teasers at 3 elementary schools, partnered with United Healthcare for community health fair, and system-wide nutrition education;

- Mental Health/Behavioral Health Interventions – partnering with high school counselor to offer services at secondary level, Michigan Model emotional/mental health sections implemented fully at elementary schools, elementary counselors trained in Michigan model curriculum, and offered services to at-risk high school students

In such a short time, CSH in the Johnson County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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